

Fish Tacos

Ingredients:

- 16 oz. fresh talapia
- 2 cups raw cabbage, chopped coarsely
- ½ cup fresh or prepared salsa
- ¼ cup fat-free sour cream
- 4 large whole-wheat flour tortillas
- 1 can (15 oz.) black beans, drained

Instructions:

- 1). Cook fish on the grill or on the stovetop with a little olive oil until it flakes easily with a fork and is white in the center.
- 2). Meanwhile, heat the beans in a bowl in the microwave or on the stove until hot. Heat tortillas in the microwave under a damp paper towel.
- 3). Spoon fish, cabbage, salsa and beans into tortilla. Fold or wrap - and eat.

YIELD: 4 servings

- Serve with sliced fresh fruit and low-fat milk for a perfect MyPlate meal.
- Substitute corn tortillas for flour and any other beans that you like.
- Include optional ingredients for additional flavor, such as chopped cilantro, sliced avocado, or grated cheese.

Getting kids cooking:

- If they are old enough to use a knife safely, they can chop the cabbage.
- Kids can help arrange all the taco ingredients and assemble them when the fish is ready.

Nutrition Analysis

Serving: 1/4 recipe	Total Carb: 47.1 g
Calories: 534	Dietary Fiber: 10.7 g
Total Fat: 4.8 g	Iron: 5.1 mg
Calories from Fat: 7.7%	Protein: 43.9 g
Saturated Fat: 1.2 g	Calcium: 147.2 mg

Source:

Adapted from Kim Pullman, RD, LN
State of Montana Healthy Employee
Lifestyle Program